

WP: Food combining is simple. I have a chart here which I'll be sharing in a moment. Food combining is a sensible, logical, and scientific way to eat your food, so that everything you eat stands the best chance of digesting, getting/passing/going through you with the least hassle. Because if something is unharmonious, it's halfway or partially harmonious; it's NOT harmonious. If something's insane, that doesn't mean they're halfway insane. If something's not digesting, it's not digesting." [The same with being pregnant. — C.F. Cox]

What's happening? Our whole body is going through a turmoil – gas, burp, not feeling good, heartburn, acid reflux, indigestion, and cramps. There are more remedies for indigestion than you can shake a stick at. It's amazing. We'll be talking about that here in a little while when we come back on that subject.

DM: You're known for food combining. You've really brought that to the forefront in nutrition.

We've got some charts that you brought with you, so we can go over this in more detail. Hopefully, you'll be able to help us understand better how to apply these food combining principles, so we can optimize our health.

WP: Yes, if something is not digesting, brother, it's just not digesting. How can I take the food from my mouth to the [NOTE: to be respectful he said "THE" not "MY"] anus? So let's comprehend what's happening here throughout this whole digestive process? Our bodies have 10-systems. Muscular, skeletal, urinary, lymphatic, vascular, reproductive, glandular system... there are 10 of them. The one we have the most say-so about is the digestive system/process. That's one system we have total control of up to the point when we swallow a food or a drink. After we swallow, the body takes over total control. Of course, by resting we help the body digest. We also improve digestion by chewing our food very well.

Our thoughts also help govern, influence, our body's chemistry. Our thoughts are very important. When I was a kid, we used to go up... My dad had three sisters. Each Sunday, we will go up to one of the sisters on the farm. The fourth Sunday, we always used to go out to eat once a week as a family at one special place. I can still remember Aunt Jean. Everybody has an Aunt Jean. I got an Aunt Jean. She's a jewel. I love her to death. She's still alive today at 88, 89, or something like that. She used to put this big hot apple pie out in the windowsill. We're talking digestion here. Just the thought of that right now makes my mouth water – not that I would eat it, but it does.

What's happening there? A thought is initiating the digestive process to get that going. Any negative thought would also affect our digestive process and all our body's chemistry. When we sit down to eat, it's crucial to not talk about problems at the dinner table. Talk about joyous, happy, positive things. Eat according to your body's digestive chemistry, and you're off to the races. You're set.

DM: Many people believe that praying or expressing gratitude before one eats is also aligned with that same principle and that it tends to improve one's digestion or even, in fact, in some way purify the food. Do you have any comments on that?

WP: Yeah, I do, too actually. I guess I could sum it down [summarize it] to a little saying that what we think about and thank about, we bring about [It is done as you believe, says The Bible]. If I give you a thousand dollars and you just put it in your pocket and walked away, the next day I gave you another thousand, and you do that for three or four different times, chances are I'm not going to be so eager to give you another thousand dollars. But if you thank me. That makes all the difference. When we give thanks and true appreciation for what we get and what we're about to receive, we open the door for abundance. Don't you agree? What we think about and thank about, we bring about. Prayer before meal is very good. It actually helps to set the mindset to that gratitude. I think the digestive process would be, in that regard, enhanced.

So, the digestive process is what we have the most say-so about. A little while ago, I did mention (let me see if I have a pen here in my pocket) that up here in the mouth, the stomach, the duodenum (however you want to pronounce it), and then, of course, the jejunum, this is where the food is broken down. The food eventually has to get into the bloodstream somehow. It gets into the bloodstream down here near the ileum in the digestive process.

And the body will use everything. The fiber and everything that's held back dumps into the cecum here and you have a valve that's called the ileocecal valve. That opens like the sphincter. It's called the sphincter actually, as you know. It opens much like a check valve and will allow food to go through here. The parastolic action will help pull this up like this. This is the elimination process in and out the rectum. Okay?

DM: That process is impaired [it does not function correctly] in many, many people.

WP: Very. Oh, it's amazing. A little thought, by the way, on the wonders of the body: by the time the food leaves the small intestines, it's about 95 percent water. By the time it leaves the rectum or the anus, it's only 2 to 3 percent water. We have a recycling system within our colon that's remarkable. If we didn't have it, we would have to drink 20 to 25-gallons of water every day just to keep going. So, our awesome body is marvelous. By learning to respect it, and how to respect it, and not abuse it, we're all set. Here's where the food breaks down. Let's just talk about step 1, 2, 3, and 4 and then we get the food combining down. Fair?

DM: Sure.

WP: Okay. There's 1, 2, 3, and 4. Now you get 2-kinds of digestion: mechanical – chewing and churning. It's called parastolic action. And stage 2, stage 3, and stage 4. We've got (1) mechanical digestion, and then (2) chemical digestion.

There's only one type of food that is broken down chemically in the stomach, and it's called protein. That requires pepsin, a highly acidic [enzyme] in conjunction with hydrochloric acid. But the hydrochloric acid doesn't have the ability to break the food down. Basically it just sets the medium for the concentration of the amount of pepsin that's poured into the stomach to digest whatever food is in it. The human body's intelligence is phenomenal [It is supernatural-like, but natural, Creational, God gave it to us, and to our bodies].

There are 3-categories of food: proteins, carbohydrates, and fats.

The chemical digestion of proteins begins in the stomach. Carbohydrates are of 2-kinds: fruit and starches. Starches require 3-levels of breakdown. If protein is the only food that breaks down in the stomach chemically... We've only got 4. The very 1st stage of digestion of starch is in the mouth. That's why it's crucial to chew your starches out. Get the salivary amylase going. Get the ptyalin in there. Get all that process going. Then it comes down into the stomach...

DM: Pre-digestion.

WP: What's that?

DM: Pre-digestion.

WP: Yeah. And then it gets in here and it does a little parastolic action to boost it through this pyloric valve, it's called. The food can go in here and that valve closes back off to where it doesn't shoot back into the stomach. It's a 1-way valve. Okay, so, you've got 1, 2, 3 places where your starch is digested, and that's where they go.

Keep this in mind: Never eat proteins and starches at the same meal. Despite the fact that eating meals which combine proteins with starches is a key characteristic of the all-American diet.

Everybody does it. And 80% of all the people around the world eat rice and beans as their main meal. What about the hamburger on a bun, hotdog on a bun, spaghetti and meatballs, macaroni and cheese, meat and potatoes, and pizza? God forbid, pizza.

I did a big seminar down in Trinidad. One of the times when I took the meeting planner, who came up to visit me, back to the airport, we were going and he looked over at me in the car when I was driving him back. He says, "Dr. Pickering..." They speak with a British air that, you know. "Pizza, does not digest." I go, "Eric, I know that," I said, "But good call." Because he was a

colonic irrigationist, and he saw everything that comes out of the colon. What an occupation. I think I want to be a colonic irrigationist. Now, that's... Mercy.

We got to the airport. He was walking through the checkout line. He looked around. I could only go so far. I waved to him. He goes, "Doc, pizza does not digest." I said, "I know that." He was getting on the airplane (to conclude on that) and he was waving at me. I couldn't hear him. He goes "Pizza does not digest." "I know that!" What a way to say goodbye.

So, it doesn't. The macaroni and cheese, I mentioned, the chicken and rice, all that is typical components, staples of the standard American diet. Just because they're staples of a population doesn't give make it correct. Do you agree?

DM: Sure.

WP: Okay.

Edited, simplified, till here. — C.F. Cox

Inserted the following from paragraphs originally located/spoken further down.

DM: Are there any other key principles you want to expand on?

WP: In the food combining? Yeah. Acid fruits will not combine with starches. All right, let me give you a little example:

Somebody in my audience here not too long ago said, "I don't believe in that food combining." I said, "Really? Come on up here." He said, "I ain't coming up there." He was sitting around, you know, grumbling and all that. I said, "Neighbor, I want you to try this piece of lemon and I want you to have this banana with it." He said, "Oh, I don't think I'd like that." I said, "Why?" He said, "Oh, I don't know." He ate it anyway. Within five minutes, the guy was sick to his stomach. I said, "I thought you didn't believe in food combining?" That's a lousy combination right there: sweets and sours or sours with starches.

DM: It's common in many Asian cultures.

WP: Amazing.

DM: Sweet and sour sauce.

WP: Yup. As I always said, just because they're staples of a population doesn't give it any virtues. The true science is the way the body works. That's what motivated me to move forward with the combinations, the chemistry of the food, and making sure what grows in my type of environment. The best way to find that out is just ask your local farmer. Support your local organic farmer, compost, and recycle. It's a good rule of thumb. They'll do a lot not only for the planet but [also] for yourself.

DM: Terrific. Is there anything on your guide that you wanted to point out?

WP: Yeah, actually I have a few notes here that I've put together for this. You'll love this. I had to write this down because there's no way I could remember all of these different methods of appeasement. We're so starved for good nutrition, that we'll do anything and everything just for the "now." Listen to this; you'll love it. When we don't combine our foods properly, we get gas, flatulence, heartburn, upset stomach, and voila! What's this? Bring on the Roloids, the Tums, the Gelusil, the Pepto-Bismol, the Di-Gel, the Alka-Seltzer, the Bromo-Seltzer, the Gas X, this and that.

DM: The Pepcid.

WP: The Pepcid.

DM: The Zantac, Tagamet.

WP: And the Maalox, the Maalox Plus, the milk of magnesia, the Riopan. I mean, just to stop the acids of the upset stomach. Now, check this out. Excuse me, I have to have these down for notes. There's no way I could remember all this. For the headaches, we get aspirin, Tylenol, Buferin, Excedrin, Advil, and Aleve just to name a few. Now check out what happens when the smell is coming out of our mouths. We have Listerine, mints, flavored chewing gum, and the list goes on by the thousands.

DM: Which are almost always sweetened with artificial sweeteners.

WP: Yeah, golly, what a joke that is. We use underarm deodorants because the stuff is coming out of our bodies. We use Rinse Away because it's coming out of our scalps and Absorbine Jr. because it's coming out of our toes. We got Tegrin for that outbreak of psoriasis. Check this out, Ex-Lax to open the door, [inaudible 57:02] to close it back up, if you will.

And then we have to take tranquilizers and a host of other things just to calm us down. We start the day with caffeine. We get through the day with nicotine. We relax in the evening with alcohol and tranquilizers just to start the next day with something that fizzes. And we start the whole process over and over and over. It's a foolish process.

Once we adopt the principles of good and sound nutrition... Nutrition is just one part of being healthy. And being healthy is just one part of the nine components of what we're here to do on

this world. Too many people, I think, get so far into things, that they're actually out of it. This is the real world here, man. We've got a plan for us to be here. What can I do to sustain my health long enough to where I can go ahead and be here for the long haul?

DM: Sure.

Starches require an alkaline digestive medium to digest. If you put your fist in your stomach while it's digesting steaks and all that, chances are, you wouldn't have a hand anymore. The acid is intense. How does that not eat the stomach away? The mucus membranes and everything in the stomach lining is in all that. That helps to curtail that. When you mix them both together – an acid-type of food and an alkaline – basic chemistry shows that, they don't digest. They neutralize. Then what happens? If the food, as I say, is not digesting, it doesn't halfway digest. It either does or it doesn't. It's going through the body. It's throwing off all kinds of turmoil.

Don't eat fruit with breads, pasta, carbohydrates, etc.

Eat melons alone.

Eat melons alone or leave them alone, or your stomach will moan.

END

Watch the 20-minute video for more info on food-combining for health: